



Formal Education and Training: I received my Bachelor of Arts in Social Work from Eastern Washington University. After, I went on to obtain my Master of Arts in both Social Work and Addiction Studies At Eastern Washington University. I then worked in a community health program for 3 years where I learned many of the hands-on skills of therapeutic intervention. I am currently a Licensed Associate Clinical Social Worker in the State of Washington (SC61648255). Yearly, I participate in continuing education in specialized areas to be able to provide quality treatment for my clients and as a condition of my licensure in the state of Washington.

Philosophy and Approach: My approach to counseling is rooted in a Strengths based approach that focuses on the intrinsic value and independence of each person. I do not view myself as the expert, nor do I view my clients as a patient I need to fix. If anything, it is often the other way around! The client is the expert of their own life and lived experience. I am here to help through each person's mental health journey and will go in the direction my client wants to go in order to support each person in learning and growing.. In this collaborative process, I always strive to work with clients to find the drive to motivate tangible change and personal growth in their daily lives - whether the focus is on one's relationships, emotional regulation, accepting how their life is changing or just processing personal trauma. I adamantly believe that people are broken, or have anything inherently wrong with them, rather we all struggle with managing all of our internal emotions and external stressors at different stages in our lives. Once we find the balance and stability we need, we can find the way to function and adapt to our internal and external environments. I hope to be a support through your therapeutic journey - whatever it may be and wherever it may take you.

Participation: Sometimes there can be misconceptions about the aspect of participation in therapy. Just as I believe my role is simply to support the client's journey to change, it is the client's responsibility to decide when they want to engage in therapy. My focus tends to be with teens and adolescents. In the State of Washington, a client 13 years of age or older gains full autonomy of their participation in therapy. In order for therapy to be effective, the client must make the choice to participate. I believe this to be true whether you're 7 or 65-years-old! Participation in the process cannot be forced on the client. By being able to choose, it only further supports the client's independence, confidence and ability to grow in new ways. If a person is being forced to change by another person, they will inevitably fight against that change since it is not their choice. I want to be an inviting space for those interested in exploring change and growth on their own terms.

Consultations: I regularly consult with other experienced professionals regarding clients with whom I am working. This allows me to gain other perspectives and ideas as to how to best help you reach your goals. These consultations are obtained in such a way that confidentiality is maintained.

Supervision: As a Licensed Associate Clinical Social Worker, I work under a qualified supervisor and participate in regular supervision meetings as a requirement before achieving independent licensure in the state of Washington. My supervisor, Cody Brown, LMHC, LPC, LCPC (Washington State, Oregon, and Idaho; LH61136224, C-4652, 561), signs off on all my clinical documentation, which includes intake notes, treatment plans, and progress notes.

Scheduling Appointments: Appointments are generally made on a regular, weekly basis. Appointment times are not automatically held open for you from week to week. It is your responsibility to reschedule at the end of a session. I will attempt to keep the same appointment time available to you unless frequent cancellations have been made. If it is necessary to change or cancel your appointment, please let me know as soon as possible. I will charge you a full session fee for appointments that are canceled less than 24 hours in advance.

Termination: The length of treatment is an individual process that is determined by the therapeutic process. I believe the terminating process to be as significant as the rest of treatment, in which we will work together to make this transition as smooth as possible. When your treatment comes to a stopping point, please know that you may return at any point in the future.